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## Diet to Be Fat or to Be Thin...

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# Diet to Be Fat or to Be Thin . . .

By Ella Gertrude McMullen

Here Are Suggestions for Both

**I**N THE "good old days" when your grandfather took unto himself a bride, one of the questions he probably asked was, "Can she cook a good meal?" Today the modern bridegroom asks, "Can she cook a good meal—for me?" These words are a sign of the changing food habits in American homes.

Mr. and Mrs. Wayolot, whose combined weight is too near four hundred pounds, do not eat the same type of food that Mr. and Mrs. Thin-as-a-Rail do. Nor does Mrs. Smith prepare the same dishes for her children of pre-school age that Mrs. Jones prepares for her family who are all over twenty years old. Mrs. Wise has found that Grandma Wise enjoys the same type of food that the children do and that Mr. Wise will be satisfied with larger servings of the same food, with perhaps a special dessert sometimes—like mother used to make.

Of course the lady in the kitchen cannot be credited or blamed for her husband's weight and general condition of health or even for her children's, for there are many other factors which enter into our physical well-being. The food we eat, however, does have a great deal to do with our being mentally and physically alert. The homemaker of the land, through a little natural or acquired skill in meal planning, may help direct the tendency of her family's meals toward reducing or increasing weight, if there is a need for such a thing. In diet, as well as most other things, we might well remember the old Latin proverb—"Beati media tenere." (The happy keep to the middle course.)

**H**ERE are a few suggestions for diets prepared by the New England

Dairy Council, cooperating with the Boston Dispensary Food Clinic:

## Diet for the Underweights

**MILK:** Use at least 1 quart daily. Whenever possible, use  $\frac{1}{2}$  cream and  $\frac{1}{2}$  milk.

**CEREALS AND BREADS:** Whole grain cereals and dark breads are best, such as oatmeal, rye, whole wheat.

**FRUITS:** Eat some every day, fresh or cooked. Dried fruits such as raisins, dates, figs and prunes may be used generously. Be sure to eat an orange or grapefruit or tomato every day.

**VEGETABLES:** Eat two green vegetables every day. Have one of them uncooked, such as lettuce or raw cabbage or tomato. Be sure to have leafy vege-

tables at least four times a week. Potato (cooked with the skin) or cereal foods such as rice, macaroni and noodles may well be used twice a day. Peas or beans and milk or cheese in any form may be used as a substitute in the place of meat.

**EGGS:** Use at least once a day—more may be used in cooking.

**BUTTER:** Use plenty, as well as bacon and oils.

**DESSERTS:** Use milk puddings such as rice, tapioca, bread, ice cream, custards, simple cakes and cookies.

**SUGAR:** Fruits supply plentiful amounts. Brown sugar is better than white sugar. It is best not to eat any candy. If eaten, use as a dessert at the end of the meal.

Eat a midmorning and afternoon lunch if it does not take away your desire for food at meal times.

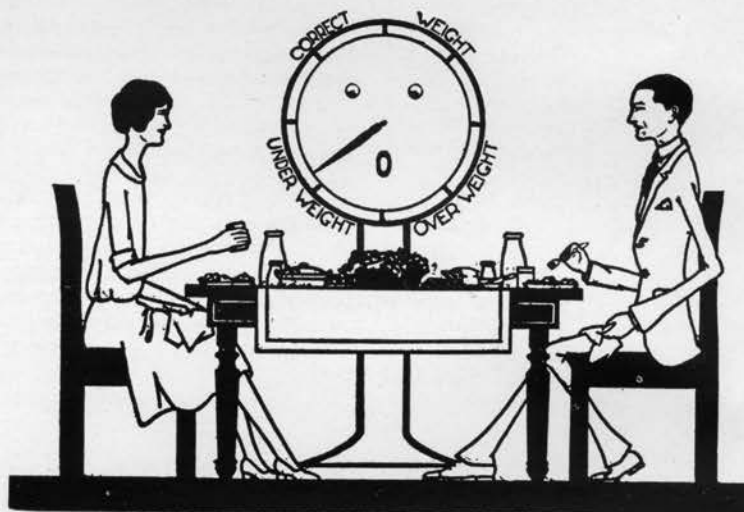
## Diet for the Overweights

**BEVERAGES:** Skimmilk or buttermilk, lemonade, water, clear broth, coffee, tea, cocoa shells and cracked cocoa can be used and not counted as food. Take daily two glasses of skimmilk or buttermilk. It may be used as a drink or used in or on food. Drink six to eight glasses of water.

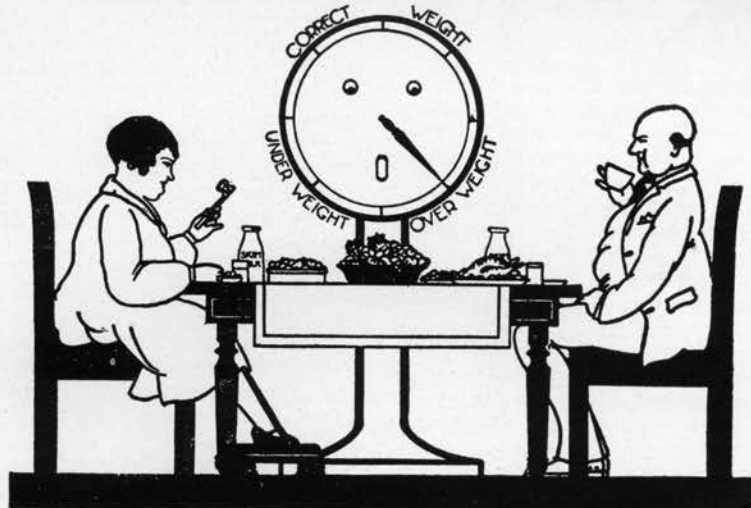
**SOUPS:** Skimmilk with clams, oysters or fish. Clear broth or bouillon. Fresh or canned vegetables may be added to the soups, but no potato, rice, barley, spaghetti or other cereal, dried peas or beans.

**BREAD AND CEREAL:** One slice of bread may be exchanged for one potato or  $\frac{1}{2}$  shredded wheat biscuit or 1 small saucer of oatmeal.

(Continued on page 15)



Mr. and Mrs. Thin-as-a-Rail Take Lunch



Dining With Mr. and Mrs. Wayolot

A lamp shade should be slightly wider than the base of the lamp, but not wide enough to appear topheavy.

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## Did You Know That . . .

Run-proof hosiery has been announced by two prominent hosiery manufacturers? But that no satisfactory run-proof mesh has yet been found?

Stitched belts and cuffs are good on chiffon dresses?

Organdy, (often embroidered) guimpes are worn with frocks which are formal when the guimpe has been removed?

Black evening dresses with white chiffon petals at the shoulders are new for spring?

Scarfs fill in the neckline of coats and suits to give that "very high" appearance?

White cotton knitted collars and cuffs on dark woolen suits are one way to give a brighter effect?

New girdles and foundations are being made of two-way stretch material?

Striped gingham collar and cuffs are chic on a white blouse? And white organdy or pique on a colored blouse?

Padded shoulders in spring coats give that desired tailored-line?

A sports model hat is made of pig-skin silk?

Push-up sleeves and bateau necklines are new?

One writer refers to the spring silhouette as a "mermaid" one? Because dresses cling to the figure, outlining it at least to the knees, where the flounces or flares give the needed width at the bottom of the skirt. "Glorifying the figure" might be taken as a spring slogan!

Nine or ten inches from the floor is considered the correct length for afternoon?

## To Be Fat or Thin

(Continued from page 4)

**VEGETABLES:** Eat four servings green vegetables daily, hot or cold, cooked or raw. Vary their uses in stews, salads, hash, soup. They are good for breakfast, also. Salad of uncooked vegetable every day is advisable.

**EGGS:** One whole egg a day; extra whites may be used in desserts.

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**MEAT AND FISH:** Use lean kinds.

**CHEESE:** Use cottage cheese as the fat has been removed.

**DESSERTS:** Gelatin, white of egg, skimmilk, fruits, sherbet without sugar. No pie or cake or ice cream or sodas.

**MAYONNAISE DRESSING:** Should be made with mineral oil instead of olive or other vegetable oils.

**SUGAR OR CANDY:** Sweets should not be taken in the diet. Instead, eat fresh fruits.

John Langdon-Davies, English author and critic, in a comparison of England and America, says, "We English, in our amateurish way, still eat food rather than vitamins and calories." It may be that we Americans need not so much the added complexity of nutritional information as we need to develop a taste for our food.

Every woman who plans meals for her family must be something of a psychologist to give the family what they need in a way in which they will enjoy it. In order to appreciate food and digest it properly, one must eat it with pleasure. One old doctor in prescribing medicine to children always told them they could not taste what he gave them unless they smiled before each dose. It is surprising how much less bitter the medicine can taste when one concentrates on the smile instead of the dread of medicine-taking.

## A Cherry Pie

(Continued from page 2)

remembers the time when pies were distributed without charge. In the spring of 1922, at the first Veishea, tea and wafers were served in the "shacks" which housed the Art and Institution Departments west of the present Home Economics Hall.

In earlier years the pie-making was sponsored by girls in the Foods and Nutrition Department. More recently, however, the responsibilities have been transferred to Institution Management. Now the 2,000 pies, served with whipped cream, are sold for 10 cents apiece. Profits are credited to the Home Economics Club MacKay Loan Fund.

## Ask the Foods Editor

(Continued from page 1)

small hours of the morning—when one wonders why she ever left a 7-hour job for a 14-hour one. But always there is the answer. There's a thrill in working with stimulating, eager men and women, of producing something you hope sometime will be good, of believing that you are getting the knack a little better of digging out new thoughts from big scientific words and passing them on to women in a popular, understandable style—and finally there's the wallop one gets from doing all this against a background of the action, speed, hard work and hard play of a great daily newspaper.